

VOICE OF THE RESIDENTS

VOL. XV, No. 7

BROADMEAD, COCKEYSVILLE, MD

MARCH 1994

WEATHER

"Now is the winter of our discontent," says Richard III, bemoaning his crippled body. We know the feeling. Like a journalist enumerating the big events of a year, we have made a list of our top ten winter discontents:

1. Rain that freezes, laying an icy undercoat on our walks and parking lots;
2. Snow that falls over frozen underlayers, making it difficult to cross a road, Perimeter or Fire Lane;
3. Wind that blows strongly, waving a few flags, but brutally attacking pedestrians;
4. Clouds that darken the sky, our apartments and even the moods of Residents;
5. Cold that penetrates clothing and continues day after day after day...;
6. Ice that prevents Residents from getting to cars or moving cars after they get to them;
7. Clothing that distorts one's shape while failing to repel frigid air;
8. Short daylight hours that discourage outdoor activity and inhibit walking to and from the Center;
9. Mealtime disruptions that keep people in their apartments, eating alone, dining from boxes (here's how to learn what Meals on Wheels is like);
10. Solitude that comes from being "Shut in from all the world without" (Whittier, not withstanding).

The groundhog saw his shadow on February second. Is anyone surprised that this forecasts more winter? Hope deferred may make the heart sick; nevertheless, it springs eternal. Snowdrops are blooming on the Nature Trail. - Sarah Cooper

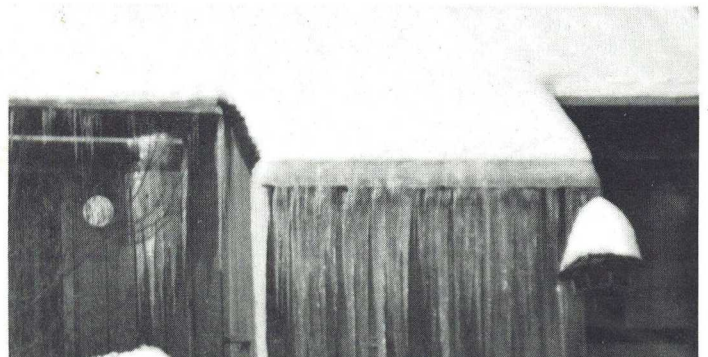
FREEZE ALERT: AN EDITORIAL

Sure. It's been bitter cold. True. we've all been afflicted with cabin fever, lack of exercise and frustration (our broom, needed to clear sand from the sidewalk, was in the ice-locked shed). We've been terrified to cross frozen parking lots to get to cars we couldn't move.

But there were medical personnel who slept over more than one night to minister to the needs of Residents on Hallowell. Housekeeping did its best to keep on top of chores (although pushing the cart through the Clusters was impossible). The grounds crew struggled valiantly, if sometimes ineffectively, against the tenacious ice. They worked long, long hours, sometimes around the clock.

Residents helped each other with errands and emergency supplies like cigarettes, and Health Services picked up and delivered prescriptions. The Administration kept us posted as to Dining Room and Coffee Shop hours and gave warning of hazardous walking conditions. The BETS line was hot!

We cannot, however, even at the risk of losing some good friends, refrain from commenting on the disregard of some for administrative requests. This was an abnormal and potentially dangerous time, and all departments were taxed. It was not a time to pursue our normal routines. Idle calls were made to the Center in spite of requests to refrain from them. (Continued next page)



Residents who have difficulty navigating under the best of conditions ventured forth in the zero degree weather and on treacherous sidewalks, thereby, perhaps, making more work for the health carers who had made it to Broadmead over ice-slick roads. (We can't resist noting that every broken bone or case of hypothermia eventually means added expense for all of us.)

Enough said. - RWB



QUESTIONS FOR O.P.D.?

On March 18, at 10:30 AM in the Auditorium, Jean Roberts will give us a look at the workings of the Out-Patient Department. This program is being presented by the Health Education Committee and will give you a chance to find out everything you wanted to know about OPD but were afraid to ask.



THOSE ACHING JOINTS!

Dr. Howard W. Hauptman, Director of the Division of Rheumatology at GBMC, gave a very informative talk on arthritis on Friday, January 21.

We were surprised to learn that arthritis is the most common health problem in the U.S., affecting one out of seven people (approximately 20 million known cases). Of the many different kinds of arthritis, osteoarthritis is the most common. It is important to diagnose the type of arthritis before treatment is begun.

Slides showed the cartilage lining of two adjoining bones which act as a cushion. When this cartilage wears thin from physical stress on the joint, pain results. Peak incidence is reported to be in the patient over 65 years of age. Sometimes there is an inherited biochemical or genetic factor, seldom causing pain. Those who are markedly overweight are at more risk, but any undue physical stress on joints can initiate arthritis.

Symptoms specific to osteoarthritis are: 1) pain localized to a joint and aggravated by activity; 2) stiffness, generally after 15 minutes of inactivity; 3) gradual onset and additive; 4) acute intermittent flare-ups. There is no specific diagnostic laboratory test for this condition.

The joints commonly affected are the weight-bearing joints, such as the neck, lower back, hip or knee, but the big toe and first and second finger joints are also frequent sites.

Patient education helps us become good health consumers. We can learn self-help and when to recognize the need for professional help.

There are five options for treatment: 1) without drugs - losing weight, strengthening muscles and relieving stress; 2) pain relieving and anti-inflammatory drugs;

3) topical agents, such as heat or ice, giving temporary relief; 4) injections of cortisone for acute inflammatory stage - no oftener than three times a year; 5) surgery - a last resort treatment for intractable pain or instability.

The Arthritis Foundation can give information on how to cope with your specific difficulty.

Dr. Hauptman's talk was thoroughly enjoyed by all those sturdy souls who braved the frigid temperature to attend. He was an excellent speaker and was most generous with his time for questions.

-Peggy Brian

WELFARE REFORM

Is it necessary? "Unequivocally, yes" answered Camille Wheeler, Director of the Baltimore County Department of Social Services and speaker at the Open Forum on January 18. Aid to Dependent Children, part of the 1933 Social Security Act, was designed to keep women out of the labor force, out of competition with men for the scarce jobs and in the home to care for children. Over the years society has changed, particularly with regard to women's working. Every president since Harry Truman has declared welfare reform a priority, but it remains remarkably unchanged since its inception. What stops change is that proposed solutions cost more money: job training, job placement, creating job opportunities, child care, health care, counseling and strengthened child support enforcement.

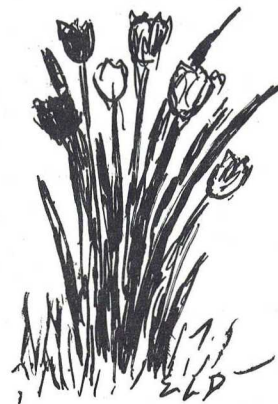
In Baltimore County the typical recipient is a mother with two or fewer children, on welfare for less than two years and leaving for employment or marriage. The grant plus food stamps amounts to less than the cost of living so that extra resources are needed to make ends meet. No wonder recipients are loath to report such resources.

Maryland is one of the States experimenting with reform. There are sanctions if children fail to attend school or to receive periodic medical check-ups and immunizations. Sanctions may be imposed for failure to participate in Project Independence, a welfare-to-work program. Mrs. Wheeler said it is too soon to tell how these policy changes are working. Recipients are diverse in situational characteristics and personal attitudes. No strategy, by itself, works particularly well. Compassion for children is pitted against the belief that government handouts are evil.

Welfare reform depends on changes in other programs. Health Care reform could make it unnecessary for some to be on welfare as the only way to get medical care. Public housing has not proved desirable for families with children. Educational standards should be raised. Many women with high school diplomas cannot read or do basic math, a handicap for any employment.

Mrs. Wheeler's presentation was especially timely in view of the continuing daily news about welfare reform.

-Maxie Howlett





CONSERVATION IN MARYLAND

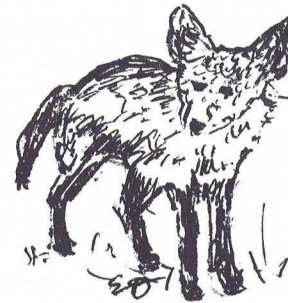
The Secretary of Maryland's Department of Natural Resources, Torrey Brown, spoke to the Open Forum (2/15/94) of the efforts being made to restore the Chesapeake Bay. This magnificent body of water is 190 miles long with an average width of 15 to 18 miles but is only 20 feet deep. It is subject to tidal action even above Baltimore so that any pollution it receives does not flow quickly to the ocean but remains for extended periods of time. It is easy to understand why the Bay has become polluted when you realize that it has a drainage area of 64,000 square miles that is heavily populated and has much industry as well as concentrated animal farming. (Also, he called our attention to the fact that there are more people alive in the world today than the total number of people that have lived on this planet since the Big Bang.)

Twenty years ago the Army Corp of Engineers built a 27-acre roofed model of the Bay to help determine the necessary regulations to return it to its "best use". Now, wetlands regulations require no reduction in wetlands (which help prevent excess nutrients and other pollutants from reaching the Bay). If wetlands must be used for another purpose (as in the Warren Road extension to I-83) they must be replaced (thus, Broadmead's wetlands project). Originally the land around the Bay was 92% forested compared to its present 9%. Now a regulation to protect the Bay says no trees may be removed within 50 feet of the water's edge and permission must be obtained to remove any trees from the next 100 feet so as to keep the forest intact as much as possible.

To emphasize the losses in wildlife we have experienced in the area and new ways we have developed

to help return to the "old days", Brown said there used to be 750,000 Canadian Geese wintering in the Bay area and now there are only 250,000. The hunting season for geese used to start as soon as they arrived in the Fall, until a new banding system showed the fallacy of that practice. Leg-banding only allows the identification of where geese were born and where they died. Neck-banding with large digits on the collar allows identification with binoculars while they are still alive. Researchers found that the geese leaving Canada and arriving at the Bay early were the best reproducers while those arriving as much as a month later were not. Thus, allowing hunting when the first batch arrived was counter-productive. By delaying the season, the same number of geese could be killed without devastating their numbers.

- Lloyd Tyler



MOVING SLOWLY

To all sharp-eyed readers: Yes, the VOICE is oozing into the Computer Age. As you have noticed, some material is being computer-generated, the Bulletin Board, for example, and three of our contributors have submitted camera-ready copy. Makes it easy for us. - RWB

ON THIS DAY PEOPLE REALLY COUNTED

They didn't count, however, on being ice-locked and snow-bound on January 23rd, the very day of the Mid-winter Bird Count.

Luckily, disadvantage became advantage, for hungry birds were highly visible as they found free-loading at our feeders to be preferable to fruitless foraging elsewhere. Consequently, the census was enjoyed by Broadmeaders and birds alike.

One intrepid pair of human participants even took to their car and searched the campus for non-feeder species -- no connection, however, between their license plate and the Great Blue Heron spotted by two indoor viewers.

All told, 15 Broadmeaders counted 568 birds of 31 species.

Not bad for the deep of winter; for in order to survive in any climate small birds must maintain their body temperature at about 105°. To generate heat and energy under deep-freeze and wind-chill conditions birds must consume extraordinary amounts of fat. Black-oil sunflower seed and suet are the best fuels we can offer.

To insulate their tiny bodies from the elements, they scrunch down inside their natural down coats, as we do, trapping and warming the air within their plumage; and sometimes they hop on one foot, while warming the other under their feathers.

Why do people pursue this seemingly inane human activity of counting birds one day in winter, again in spring, and at Christmas time? Fun and games, challenge and competition? Yes, but also for very important scientific reasons.

Birds are indicators of the health of the natural environment, the life-support

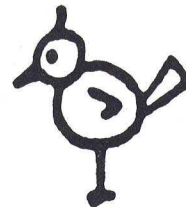
system for all living things, including us. They respond early and quickly to adverse environmental problems, such as pollution, poisons, and especially loss of habitat.

Declines in bird populations over time tell environmental scientists that something is amiss. How do they know? From data recorded by professional ornithologists and volunteer birders, like us, who contribute their time and skill to identify and count the numbers of birds of all the species they see at given times in given areas. And, whether they walk or drive, slosh or slide, or sit and rock, they are all doing their bit.

The first Christmas Count originated 94 years ago as a protest by 27 persons against holiday bird hunts. Now, over 43,000 birders from Canada to South America participate in the National Audubon Society Christmas Count. For some decades in our hemisphere, records from such counts have shown a steady decline in the numbers of many migratory species. It is especially significant that this has taken place concurrently with man's destruction of Neotropical rain forests, where the birds winter, and the fragmentation of large woodlands in North America, where they nest.

Since we are totally dependant upon the natural environment of this planet, it behooves us to heed what the birds tell us. That's good enough reason to count them.

- Nancy Rowe





THE IMPACT OF ISLAM ON THE
CURRENT MIDDLE EAST
Open Forum, February 1

Robert O. Freedman, Professor of Political Science and the Dean of the Graduate School at Baltimore Hebrew University, gives us a different glass through which to see the Israeli-Palestinian conflict. Until the 1967 War, it was a conflict of nations - Arab nationalism against Israeli nationalism. Top leadership was secular rather than religious.

After 1976, nationalism collapsed; Egypt began a return to its Islamic roots. The mood was, "If we were better Muslims, we would not have lost the war."

Yet, like Judaism, Islam is a religion of practice, not of beliefs, Dean Freedman asserts. The good Muslim prays five times a day, makes a pilgrimage to Mecca, and fasts in the month of Ramadan. There is no such thing as fundamentalist Islam.

Cultural Islam keeps Friday as the Sabbath and the Islamic holidays, but its legal system and dress are essentially western. Turkey is the best model of cultural Islam - yet turks are not Arabs.

With Egypt's change from the cultural Islam of Anwar Sadat to radical Islam, Dean Freedman feels, the battle is no longer one of nation against nation. Egypt's move toward its Islamic roots actually strengthens the Israelis. Peace is now possible.

If this seems a strange conclusion, Dean Freedman's writings and credentials may make it clearer. He has written five books, (the latest, Moscow and the Middle East, was published by Cambridge University Press); he has edited ten more. He has served as consultant to the U.S. State Department and the C.I.A.

-Phyllis Tyler

MaCCRA UPDATE

A bill (S459) was introduced into this session of the Maryland Senate in early February by Senator Paula C. Hollinger, along with four co-sponsors, incorporating what MaCCRA believes is needed to help the Office on Aging protect and enhance the rights and financial security of residents of Continuing Care Facilities in Maryland. Our beliefs are the result, I might add, of discussion between the Legislative Committees of Bedford Court, Broadmead, Charlestown, Collington, and North Oaks chapters, supplemented by consultation with Senator Paula Hollinger, Bernard J. Smink, financial officer for the Office of Aging, and Robt. B. Haldeman, life-care legal advisor, as well as, finally, by the approval of the membership of each of the above mentioned chapters.

The Bill is too lengthy to be reproduced here, but it adds three Sections to the existing Article 70B and they can be summarized as follows:

New Section 9A requires each provider to maintain operating reserves equal to 25% of the provider's total annual operating cost, excluding 25% of the total annual depreciation, amortization, and the interest on debt. (Incidentally, Broadmead, under the terms of its agreement with its bond-holders, maintains reserves in excess of this requirement.)

New Section 12A requires that a provider may not transfer assets related to the operation of one facility to another or to a project that does not directly benefit the facility.

New Section 17A(i) states that in the event a Court determines that a provider is insolvent, the Court may establish as preferred administrative expenses (1) reasonable attorney fees for counsel representing the residents in the insolvency proceeding, and (2) reasonable costs for consulting services of a financial advisor incurred by counsel for the residents in the course of the insolvency proceedings. - Mal Gross

WEDNESDAY NIGHT



A winnah!





A selection of recent additions to the Library, prepared by Sally Jones.

FICTION

- Archer, Jeffrey. As the crow flies. 1991
Barnes, Julian. The porcupine. 1992
Bradford, Barbara Taylor. Hold the dream. 1985
Byron, Gilbert. Done crabbin'; Noah leaves the river. 1990
Esquirel, Laura. Like water for chocolate. 1992
Gallico, Paul William. The silent miaow. 1964.
Goldsmith, Olivia. The first wives club. 1992
Haseltine, Florence. Woman doctor. 1976.
Korda, Michael. Curtain. 1991
Krantz, Judith. Mistral's daughter. 1982
Michael, Judith. Possessions. 1984
Quayle, Marilyn T. Embrace the serpent. 1992
Quinn, Sally. Regrets only. 1986
Smith, Scott B. A simple plan. 1993

FICTION - Mystery

- Buckley, William Frank. High jinx. 1986
Follett, Ken. The Modigliani scandal. 1985
Grisham, John. The client. 1993
James, Peter. Sweet heart. 1991
Thomas, Ross Elmore. Twilight at Mac's place. 1990

LARGE PRINT

- Shute, Nevil. An old captivity. 1940
Shute, Nevil. The rainbow and the rose. 1958
Steel, Danielle. Mixed blessings. 1992
Steel, Danielle. Vanished. 1993
Stout, Rex, Too many clients; a Nero Wolfe novel. 1983

REFERENCE

Information please sports almanac.

BIOGRAPHY

- Seldes, George. Witness to a century; encounters with the noted, the notorious, and the SOBs. 1987
Eisenberg, Henry. Night calls, the journal of an OB/GYN. 1986

GENERAL

- Birmingham, Nan Tillson. Store. 1978
Connaissance des Arts (Paris). The new Louvre, complete guide. 1989
Dacey, Norman F. How to avoid probate! newly updated. 1983
Imbrie, Ann Elizabeth. Spoken in darkness; smalltown murder and a friendship beyond death. 1993
Melleby, Alexander. The Y's way to a healthy back. 1982
McCawley, Patricia K. Antique glass paperweights from France. 1968
Michener, James Albert. Rascals in paradise. 1957
The New Yorker album of sports and games. 1958
The New Yorker book of cat cartoons. 1990
Newby, George Eric. The big red train ride. 1978
Nimocks, Patricia. Decoupage. 1968
Quindlen, Anna. Thinking out loud; on the personal, the political, the public and the private. 1993
Readers Digest legal question & answer book. 1991
Stevenson, Faber. The discoverer; poems. 1964
U.S. White House Domestic Policy Council. The President's health security plan; the Clinton blueprint. 1993
Woodward, Robert Upshur. The commanders. 1991

OF SPECIAL NOTE

Walker, Coyd. The realm where opposites meet. The author, son of Claire and Ken Walker, has dedicated the book to his father.

LIBRARY NOTES CONTINUED:

HOMELAND, Oral Histories of Palestine and Palestinians, just published by Olive Branch Press (New York 1994), has been given to the Broadmead library by Alice Lynd, one of its editors, in memory of her mother, Mary Cushing Niles. The book displays the same kind of careful research that M.C. Niles was noted for and a history of a people in the way she felt history should be told. The other editors are Alice's husband, Staughton Lynd, and Sam Barbour, a Palestinian American who also translated the interviews conducted in Arabic.

THE ROMANCE OF COUNTRY INNS by Gail Greco and photographs by Tom Gable, has been donated to our Library by Harry Patton.

This collection of more than a hundred bed and breakfast inns scattered throughout the United States includes one of Lutherville's historic houses, "Twin Gates." It was originally the home of Benjamin Sadtler, head of the Lutherville Female Seminary and was built in 1857. Color photographic details of interior decorations and interesting texts accompany each item in this oversize book which will be displayed in the Lounge.



IN MEMORIAM

ELISABETH B. WHITE

March 10, 1908 February 1, 1994

HELEN F. THOMPSON

October 2, 1904 February 16, 1994

ELISABETH C. G. PACKARD

February 20, 1907 February 21, 1994



STEVEN RAINBOLT, Baritone
ROBERT MUCKENFUSS, Piano

A delightful Broadmead musical was enjoyed on a sunny Sunday February afternoon. The talents of Steven Rainbolt and his able piano accompanist Robert Muckenfuss were exhibited to an appreciative audience.

The concert opened with Franz Schubert's six highly descriptive songs from Heinrich Heine's *Schwannengesang*, performed in Rainbolt's vibrant baritone. These were followed by a tuneful aria from *Don Pasquale* by Donizetti. The second half of the program included songs from Elizabethan Lyrics by Roger Quilter, selections from *Don Quixote* by Ravel and *Blue Mountain Ballads* by the contemporary composer Paul Bowles.

It is interesting to note that Mr. Rainbolt sang in four languages, including English, a versatility almost required of the classic vocalist. This talented singer's impressive resumé indicates an already launched career. He is currently in the Artist Diploma Program at the Peabody. Mr. Muckenfuss has performed in many places throughout the country and is majoring in Ensemble Arts in the Master of Music Program at the Peabody.

- B-flat



APARTMENT CHANGES:

Kit Taylor B-9 to T-374
Kate Fisher T-310 to H-204
Al & Betty Michaels N-2 to S-102

DIRECTORY CORRECTION:

Wilson & Cynthia Ballard
Telephone: 771-4165

VOTING

This is an election year!
Whether you're from Baltimore or
Boston or if you're new at Broadmead,
you need to re-register to vote.

The Primary Election is September 13;
the deadline for getting your name on the list is August 15.
The General Election is November 8
and its deadline is October 11.

For further information call:
Esther Bennett 785-3328

BULLETIN BOARD PROCEDURES

To accommodate as many notices as possible,
please:

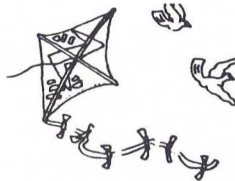
- 1) Limit poster size to 11" X 14;"
- 2) Trim off unused portions of long pages
which contain short messages.

To be helpful to the bulletin board
committee, please:

- 1) Write your name, apartment number,
and date on back of notice;
- 2) Place it in bulletin board box (on
reception desk, beside prescriptions
box) or on top, if it won't fit inside;
- 3) Do not post or rearrange any notices.

If you have questions, call me at 584-8319.
Thank you.

- Marion Hayden



MOVIES

Tuesdays-7:15 PM--Auditorium

MARCH 1--MOBY DICK. Gregory Peck as Melville's tormented, revengeful Captain Ahab, skipper of a whaling vessel, is determined to harpoon the great white whale that bit off his leg. Peck lends a deranged dignity to the role of Capt. Ahab. (120 minutes).

MARCH 8--CHAPLIN. Biography of Charlie Chaplin -- from his childhood in London to early movie making days with Max Sennett, and on to stardom, celebrity, and scandal. Robert Downey plays Chaplin from ages 19 to 83. Geraldine Chaplin plays her own grandmother. (135 minutes).

MARCH 15--THE CHOSEN. Set in Brooklyn immediately after World War II. Different views of life and religious faith confront two Jewish teenagers: one the son of a rabbi, Rod Steiger; the other the son of a secular scholar, Maximillian Schell. (107 minutes).

MARCH 22--THE TREASURE OF THE SIERRA MADRE. A tale of gold, greed, and human nature at its worst. Walter Huston, Tim Holt and Humphrey Bogart, stranded in 1920's Mexico, strike it rich in the bandit-ridden Sierra Madra. However. . . . (126 minutes).

MARCH 29 -- LITTLE MAN TATE. A charming and humorous movie filled with wonderful moments of what life has to offer a very gifted seven year old, Adam Hann-Byrd. Jodie Foster, his working-class single mother, can't give him the stimulation he needs. (99 minutes).

BULLETIN BOARD

HEALTH EDUCATION

Friday, March 18, 10:30 AM -
Auditorium
JEAN ROBERTS, Out-patient
Department

VESPERS

Sunday, March 20, 4:30 PM -
Lounge
REV. P. BARRETT RUDD,
Broadmead Trustee

OPEN FORUM

Thursdays, 10:30 AM - Auditorium

March 10: "Reinventing Government."
Staff member from Vice-President
Gore's Office.

March 24: "U.S. Policies Toward
Cuba and Haiti." WAYNE SMITH,
State Department Specialist.

MUSIC IN THE LOUNGE

Sunday, March 6: 1:45 PM.
IVANA SVARC, Piano.
Thursday, March 10: 7:00 PM.
"LET'S SING."
Sunday, March 20: 1:45 PM.
NANETTE BUTLER SHANNON, Piano

MEN'S SOCIAL HOUR

Saturdays, 10:00 - Lower Level

March 5; BERNARD QUEEN, "From
Early Youth to Broadmead."
March 19: HOWARD STALEY, "A
History of McDonogh School."

EAST HALL EXHIBITIONS

MARGARET E. WILSON, Guest Artist

March 26 - April 30: Paintings by
two Resident artists, Esther
Donahue and Louis Hamburger.



SATURDAY EVENINGS

7:15 PM -- Auditorium

March 5: "Trains, Mountains
and Plains." GEORGE WEBB will
give a slide presentation of a
recent trip to Arkansas and ad-
joining states.

March 26: "An Anthropologist in
Bolivia." Dr. Barbara Leons,
Director of Anthropology Concen-
tration, Department of Anthropology
and Sociology, Towson State Uni-
versity.

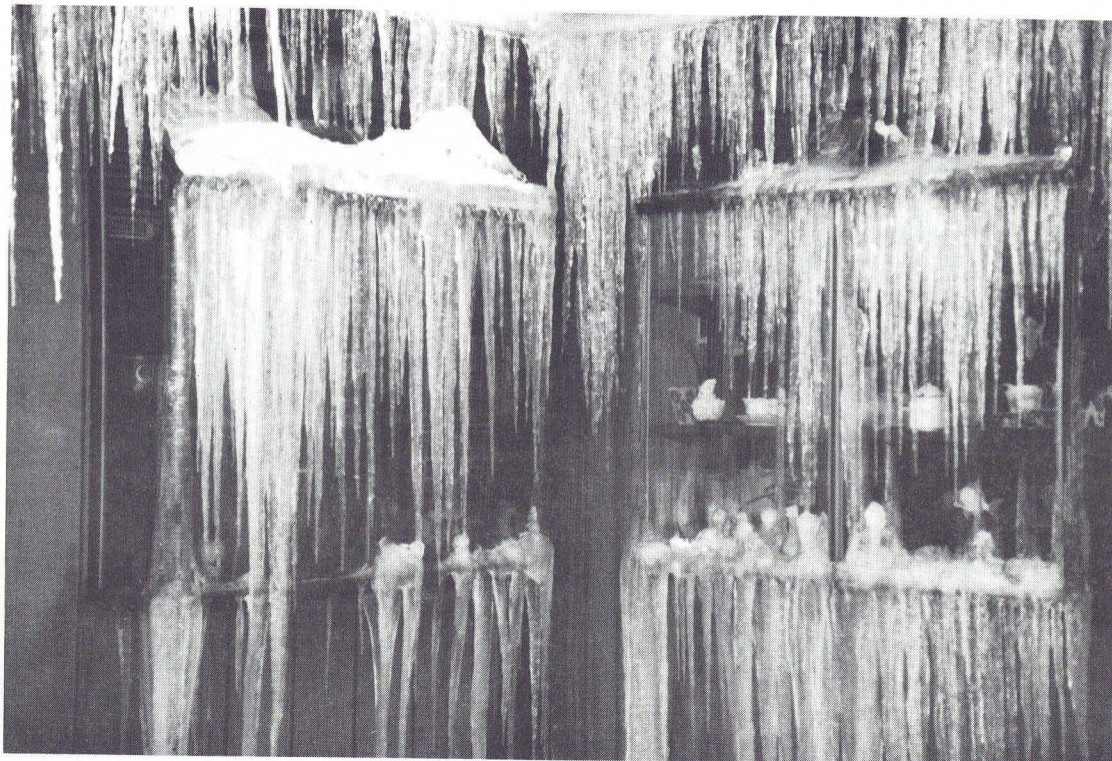
ADVENTURES IN LEARNING

Beginning Wednesday, March 2:
THE 20's AND 30's. Five
sessions, meeting bi-weekly, with
local professors leading the
discussions. No charge. For in-
formation, call Dorothy Clapp,
527-1728.

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by Esther Donahue.



DEADLINE FOR APRIL ISSUE
MARCH 15



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